

#### Years 10 & 11 Careers Newsletter 2023 Edition 10

### National Careers Week 2023 6<sup>th</sup> - 11<sup>th</sup> March 2023

 What makes you, you? Think about what is important to you. When you imagine the best version of you in the future, what do you see?
TRY A PERSONALITY QUIZ BUZZ QUIZ – ICOULD

2. Watch the news. News on the TV is more reliable than some of news sources you find online. Find out what is going on in the world around you and talk to lots of people about it to get different views. HOME - CBBC NEWSROUND  Consider the Skills you have been developing. What are your strengths and weaknesses? What can you do to develop your skills? Try the Skills Suitcase Activities
#NCW2020 ONE STOP SHOP 4. Investigate Your Options. Research A Level subjects and vocational qualifications. Is Sixth Form, college, or an apprenticeship right for you? Different qualifications lead to different job opportunities. Find out more at the NCW VIRTUAL CAREERS FAIR

5. Prepare A CV. Ask for feedback. What is your CV lacking? Now is the time to think about building work experience and skills that you can talk about. CV PREPARATION & ADVICE (JOBCENTREGUIDE. CO.UK)

6. Use our School Careers Advisor, Gwen Provost to support with any questions or queries you might have. CAREERS.ADVISOR@ BEAUFORT.HANTS.SCH.UK 7. Check out our the Careers section on the school website for additional information, advice and guidance THE HENRY BEAUFORT SCHOOL - CAREERS For all options and careers information check out the attached guide, 'The Parents Guide to National Careers Week'.

#### THE PARENTS' GUIDE TO

**Headline Partner:** 









# The Parents' Guide to National Careers Week 6-11 March

#### The Parents' Guide to:

We provide support for parents about choices teenagers face after GCSE and sixth form, as well as advice on teenage health and wellbeing. We specialise on Years 10-13 as it's a time when teenagers face many important decisions and parents play a pivotal role in guiding them.

Our specialist guides have all the information parents need in one place, written in a style that's easy to read and include links to reliable sources so they can find out more. We are not sponsored, so our advice is unbiased. We work with 1,500 schools and reach over 600,000 parents in England and Wales.

Wherever we refer to parents, we mean parents and carers this includes anyone with significant caring responsibilities for children, for example grandparents, older siblings and foster parents.

www.theparentsguideto.co.uk www.nationalcareersweek.com

#### Keep up to date:

If you're interested in regular updates about how you can help your teenage children: <u>www.theparentsguideto.co.uk/join-us</u>



# Contents

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# Welcome to NCW 2023

#### **From National Careers Week:**

National Careers Week is a celebration of careers guidance and free resources in education across the UK. The aim is to provide a focus for careers guidance at an important stage in the academic calendar to help support young people leaving education.

National Careers Week, this year from 6th - 11th March 2023, is the perfect platform to advise and inspire the next generation as they enter the world of work. It encourages education providers to bring together students, local employers and advisers through careers events and activities.

**During National Careers Week every** school, academy and college can offer careers advice and guidance to their students, with support from us with free resources, information on current career opportunities and advice on activities and exercises to run.

And access doesn't stop at the end of **#NCW2023**! Our dedicated websites are available throughout the year!

#### **National Careers Week:**



#### From The Parents' Guide to:

National Careers week (NCW) is a great opportunity for parents to get familiar with routes their teens can take into the workplace. There are lots of different ways your teen can get on track for great career pathways, no matter how they learn best. In this guide we'll give you an overview of what's available for teens at 16, 18 years' old and beyond.

The Parents' Guide to is dedicated to supporting parents of teens. We provide a variety of resources for parents about choices teens face after GCSE and sixth form, as well as advice on health and wellbeing.

We specialise on parent needs through Years 10-13 as it's a time when teens face many important decisions and look to their parents for support.

#### Join us

If you're interested in regular updates about other ways you can help your teenage children, click below and join our online community.

#### Sign me up!

### Resources

#### **Parent newsletter**

Are you a parent of a teenager aged 14-19 years' old? Do you live in England, Wales or Northern Ireland? Subscribe to our fortnightly parent newsletter and receive up-to-date and reliable advice, resources and the latest news and information about your child's education straight to your inbox.

Sign up here: theparentsguideto.co.uk/join-us

#### Parent homepage: theparentsguideto.co.uk/parents

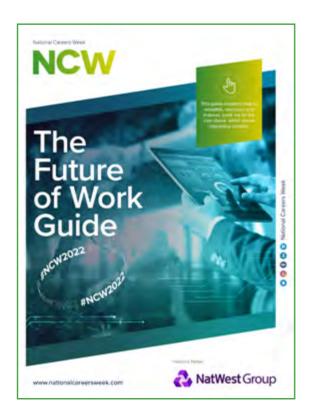


#### Future of work guide

Navigating the future of work can be daunting and overwhelming, especially when there is so much uncertainty about it. This guide has mainly been created to help careers advisers and teachers to better navigate and understand the future of work, so in turn they can help students to better prepare for it, but parents/carers may also be interested.

The Future of Work Guide focuses on the changes to the world of work which are expected to happen due to the Fourth Industrial Revolution and resulting automation.

#### Download it here: nationalcareersweek.com/2022fow/



#### **Careers board game**

To help you talk to your teen about their future, we've created a board game that saves you worrying about which questions to ask. You can play too!

By playing the game together you create a two-way conversation, with them finding out more about you, as well as you finding out more about them: www.theparentsguideto.co.uk/post/ talking-to-your-teen

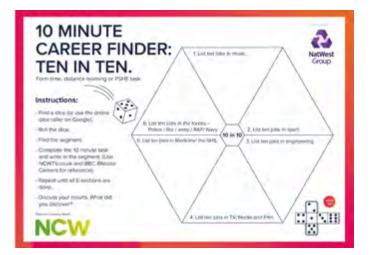


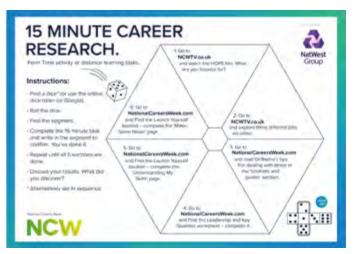


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#### **10/15 minute careers games**

We designed these three dice-inspired games to task young people to find out about themselves, their skills, their career options and their futures. Ideal to play at home - you just need a dice or online number generator. nationalcareersweek.com/ download/25381/





### How to talk to your teen about their future

It can be tricky to get teens to talk about anything, especially what they might want to do next. However, it is important they think about their future, what they might like to achieve and what they need to do

now so they can get themselves on the right track.

To help you, here are eight useful tips on how to talk to your teen about their future.



1	Accept their idea of succe
	Their dreams and ambitions might This can be disappointing, but let t
2	It's OK if they're not sure or
	They don't need to make that decis skills that will help them progress,
3	Encourage them to turn pa
	They're more likely to be successful something they enjoy.
4	Help them navigate their li
	Not being academic should not be more than one way to reach a dest
5	It's OK if they change the
	Reassure them that if they tell you direction, then later change their n
6	Encourage them to explore
	Help them plan out a route that foo educational routes can often provid
7	Help them if they are stru
	Setting short-term, achievable goa term ambition.
8	Empower them: they hav
	The decisions they take and what t

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#### ess may be different to yours

not align with your ambitions for them. them walk their own path.

#### n a career route yet

sion right now. They do need to develop and that should be their focus.

#### ssions into money-makers

(and happier) pursuing a career in

#### mitations

a barrier to success and there is usually tination.

#### ir mind!

they have their heart set on one ninds, you won't berate them for it.

#### all their options

cuses on their strengths. Different ide entry points into the same industry.

#### uggling to look far ahead

als will help them strive towards a long-

#### e control over their future

they do matters.

### The Parents' Guide to ... career pathways

<b>Options after GCSE:</b>	Options after sixth form:	Options after Higher education:
Full time study	Full time study	Full time study
A levels	University	Postgraduate study e.g Masters degree or PHD
T Levels	Higher technical skill courses e.g. foundation degree, HNC/Ds	Work / work and study
BTECs	Work and study Apprenticeships	Graduate jobs or paid employment
Other technical qualifications	(levels 3-7) School leaver programmes /	Apprenticeships (levels 6-7)
Exam retakes	Internships / Traineeships Work	Internships / work experience
Work and study	Employment	Non-paid employment / volunteering
Apprenticeships (levels 2-3)	Start a business	Start a business
	Other	Start a busilless
Supported internships	Gap Year	Other
Traineeships	Exam retakes	Gap Year / travel

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#### Strengthen job applications with:

**Work experience** 

Volunteering

Travel/gap years

**Hobbies and interests** demonstrating soft skills

**Academic enrichment** opportunities

**Testimonials and references** 

#### Find out more:



STANDING OUT FROM THE CROWD

If you're interested in other ways you can help your teen gain the competitive advantage, mostly by doing things they enjoy - click here.



### **Vocational routes after GCSE**

The main options for your teen are for them to continue in full time education or take an apprenticeship/training. They cannot go into the workplace without some educational component to the role. Things they should consider are the type of qualification they are going to study; what type of learning suits them best (classroom or practical); and what they enjoy. Options can include:

#### **BTEC Nationals**

Study takes place over a two year period and is a combination of both practical and theory. Knowledge is tested through course work and a final examination (comprising 40% of the total grade).

#### **T** Levels

T Levels are a vocational alternative to A levels and involve a mix of classroom learning (about 80%) and practical experience (about 20%) including a 45 day on-the-job placement in a genuine business.

#### **Other technical qualifications**

Other qualifications available include Cambridge Technicals, City and Guilds, National Vocational Qualifications and Tech Bac (similar to the International Baccalaureate). They are vocational driven courses - i.e. centred around iobs and are well suited to students who prefer a more practical working style but still want to include classroom learning in their education.

#### **Apprenticeships**

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Sixteen year olds can start an apprenticeship at Level 2.

#### **Supported Internships**

Internships are usually short term arrangements without a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

#### **Traineeships**

Traineeships are short-term work placings lasting up to a maximum of six months. The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

#### Find out more:



*If you're interested* in understanding more about your teens Post 16 options and which qualifications might suit them better. click here.

### Vocational routes after sixth form

Important considerations include whether they want to include some form of studying, how they will finance living expenses and course fees (and whether you can afford to help them), whether they're happy to move away from home or stay close by and what they enjoy.

#### **Apprenticeships**

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Apprenticeships can range from level 2 to level 6/7 (degree apprenticeship).

#### **Employment**

Going straight into a job offers work experience but not a qualification. However, it is possible to create a personal training plan if desired.

#### **Gap Year**

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated.

#### **School Leaver Programmes**

School leaver programmes offer opportunities to join the workplace straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification. Entry requirements vary from employer to employer.

#### Internships

Internships are usually short term informal arrangements with an employer and do not result in a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

#### **Traineeships**

Traineeships are short-term work placings lasting up to a maximum of six months to help young people become "job ready". The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

#### **Starting a business**

If your teen has the enthusiasm and ability, starting a small business needn't be costly and could give them an edge over others when it comes to interviews. This doesn't mean full-time commitment – it's something they could fit around studies or part-time work.



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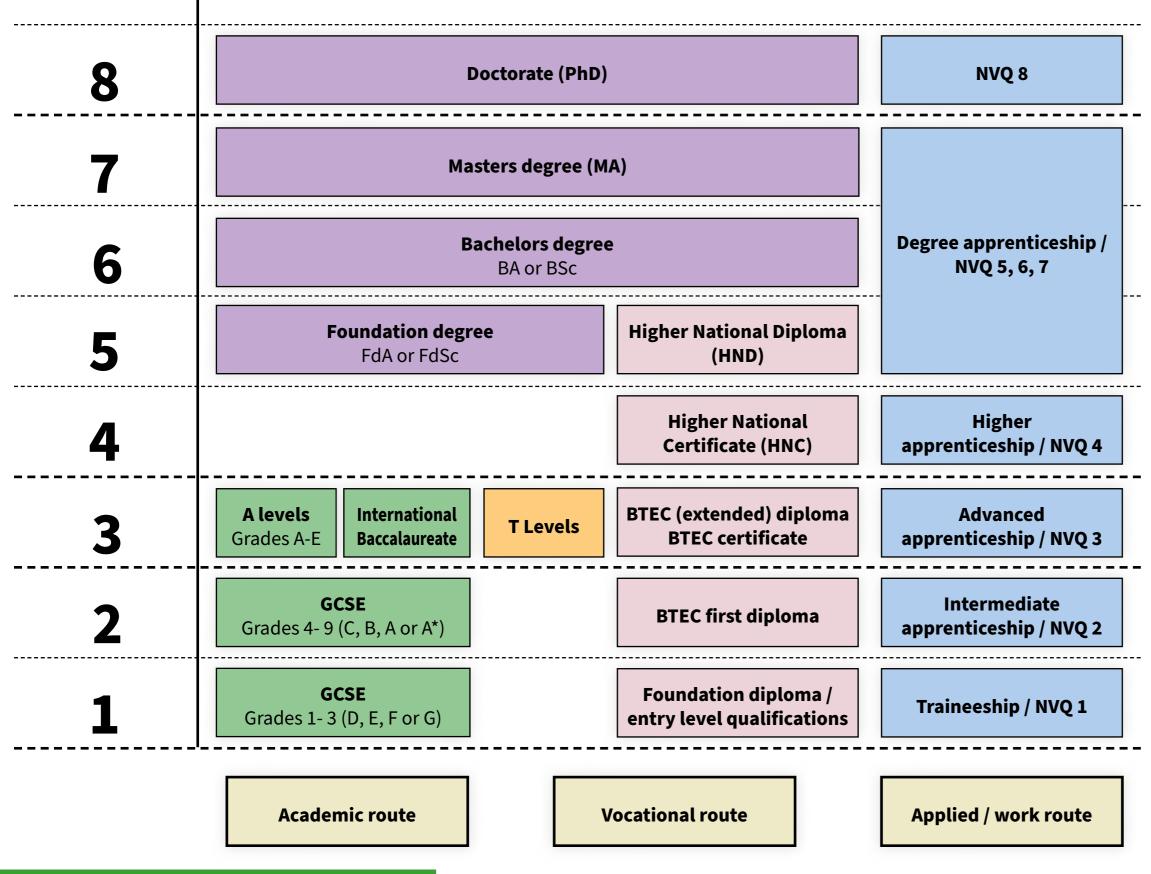
#### Find out more:



*If you're interested* in understanding more about your teens Post 18 options and which options might suit them better, click here.

### The Parents' Guide to... Educational routes

#### **Qualification / educational routes** Level

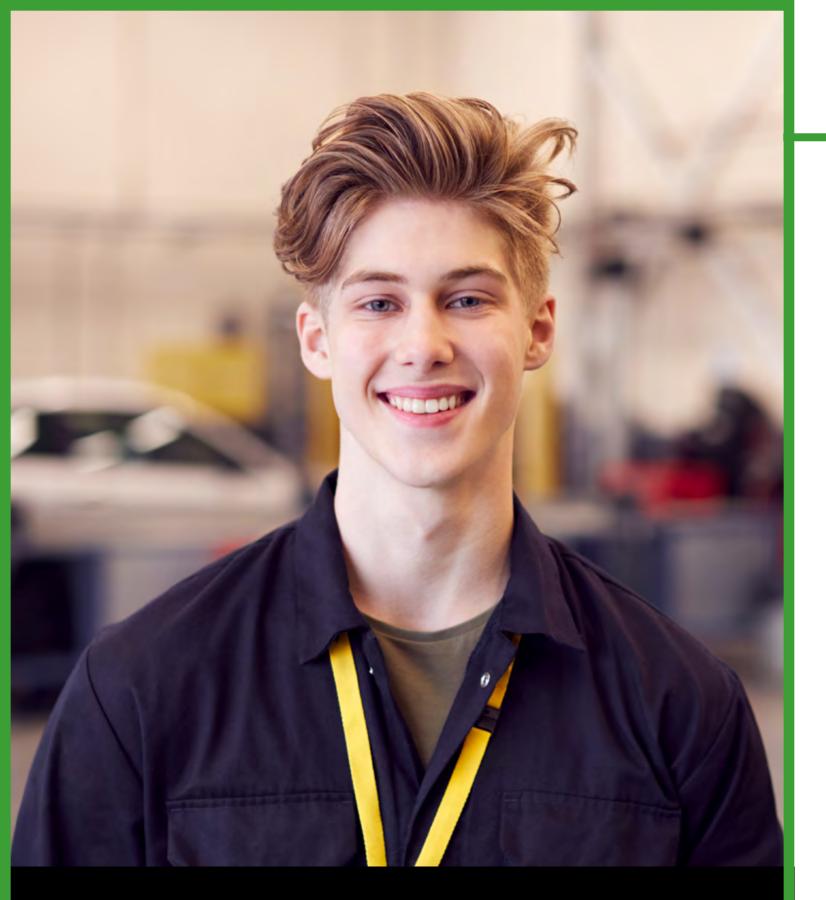


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#### **Levels of Education**

In England, Wales and Northern Ireland there are 8 qualification levels (1 - 8) plus an entry level qualification for those just starting. Generally, the higher the level, the more difficult the qualification is. Levels 1-3 are typically taught in schools and colleges.

With so many different qualifications, it can be hard to know what they mean and where they might lead to next. To help you understand, we've created a summary of what the levels mean highlighting academic, vocational and work-based routes to higher education.



### FIND YOUR NEAREST T LEVEL

Search for colleges and schools who start delivering T Levels in 2020 and 2021

Enteryour postcode

All T Level courses

Search

## A spotlight on T Levels

T Levels are an exciting new option in sixth form education that provide a recognized qualification tailored to industry needs and skills. It's a great choice for students that want to learn practical skills relevant to certain jobs, regardless of whether they want to go on to study for a degree, take alternative further education or go straight into the workplace.

#### What's involved?

One T Level is equivalent to three A levels and the course lasts for two years. T Levels involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the course time) including a 45 day on-the-job placement in a genuine business.

Students receive a nationally recognised grade and a breakdown of their achievements on the course, including how they did on their work placement.

If they don't pass all elements of their T Level, they'll receive a T Level statement of achievement outlining what has been completed.

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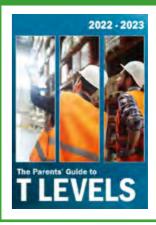
#### Where can they lead?

T Levels offer a broad range of further opportunities after sixth form, including:

- job from their placements
- jobs from related industries
- apprenticeships
- university
- alternative further education

This means that students with a T Level qualification can go on to study for a degree, a related higher level apprenticeship, take a different course or go straight into a job. Alternatively, they can go on to a higher level education or work in a non-related field if, during the course of study, they didn't enjoy their industry specialism and want to take a different path.

#### **Find out more:**



*If you're interested* in understanding more about T Levels. what it involves and whether it's right for your teen click here.



# Help your child make informed choices about their future

Many young people aren't aware of the different choices open to them when they leave school or college.

As well as apprenticeships, there are other technical alternatives to A levels which your child may not know much about, such as T Levels. A T Level is a qualification that 16–19 year-olds can take after their GCSEs and is broadly equivalent in size to three A levels. This two-year course has been developed with employers and businesses, so that the content meets the needs of industry and gives students a head start in their chosen career. T Levels are unique as they combine classroom study with in-depth industry placements that last at least 45 days so that young people gain valuable work experience in their chosen sector. There are 16 T Level subjects available including digital skills, engineering & manufacturing, business administration

### John, student, Lincoln University, Architecture, Science and Technology:

"The combination of classroom-based learning and an industry placement was hugely beneficial, as they both offered different opportunities.

Including a work placement within my learning proved to be invaluable. I learnt and developed key skills for the workplace and experienced a real working office where I learnt how business can be conducted, within the construction industry."

#### Kian, student, Lancaster University, Software Engineering:

"The highlight of the course has been with my industrial placement, having created a mobile app for room-booking at the Hampshire Constabulary Headquarters being an amazing project that I am glad to have worked on.

I started a degree at Lancaster University in September. A degree paired with the work experience I have gained through the T Level will create an expansive portfolio to approach companies with, whilst developing my knowledge of Computer Science."

#### Bandhana, T Level Student, Health and Science:

"I'm currently applying to university for an adult nursing course and when I graduate, hopefully, I'll be a registered adult nurse. I can go to university, I can do an apprenticeship, or I can go straight into work because I've gained the basic skills."

Find out more on all the education and training choices available to young people on the <u>Get the Jump content hub.</u>

and health and science. Seven more subjects will launch in September 2023. With a T Level, students can progress straight into skilled work, university, higher technical education or an apprenticeship.

Find out more about T Levels from current and former students:

### **Apprenticeships: a great pathway to career success**

Apprenticeships are a fantastic choice for many students, either straight after GCSE or after sixth form. They provide a way of getting qualifications while doing a real job and are a great alternative to full-time study for those students that prefer practical experience over classroom learning.

Apprenticeships help build solid, professional skills transferable from one organisation to another. Employers pay a salary and tuition fees are covered by the employer and the government.

#### **Oualifications**

Apprenticeships offer students versatility. Depending on their age, experience and gualifications already achieved, there are different entry levels for apprenticeships, starting at Level 2 (straight after GCSE for those that have few or no GCSE passes) through Level 6/7 (degree level). The gualifications obtained at each level range from GCSE/BTEC equivalent, A/T Level, diploma/foundation right through to masters degree. Qualifications are nationally recognized.

#### Length of study

Apprenticeships can last for just one year or as long as seven (or more) depending on the final qualification. If your teen isn't comfortable with committing to several years of further study, they can take one- or two-year options and still gain recognised, valuable qualifications. Better still, if they change their mind later on and decide they wish to extend the apprenticeship to gain higher level qualifications, this is often possible.

2022 - 2023



### The Parents' Guide to **APPRENTICESHIPS**



#### **KONECRANES**°

Want to become an industry leading Service Technician?

#### Join our Apprenticeship cheme

We are recruiting Apprentice Crane Service Technicians to start at the beginning of the next academic year. Autumn Term 2023.

We have Apprenticeship opportunities in Aberdeen, East Kilbride, Gateshead, Teesside, Warrington, West Midlands, East Midlands, Bristol, Andover and Rochester.

Learn more at: https://bit.ly/kcukjobs1122 #beyouatkonecranes

#### After the apprenticeship

Many apprentices are offered full-time roles with the company where they have served their apprenticeship. However, if your teen wants to try a different company, or even a different industry, they'll have first-hand experience in the workplace. This can provide a significant edge over those that have obtained qualifications through full time education, when applying for other jobs elsewhere.



### **Apprenticeship levels**



**Typical length** 12-18 months

**Entry requirements:** None or few, but can vary depending on the apprenticeship

Qualifications obtained: GCSE, BTEC or equivalent

Who's it for? Mostly for 16-year-olds with few or limited academic qualifications.



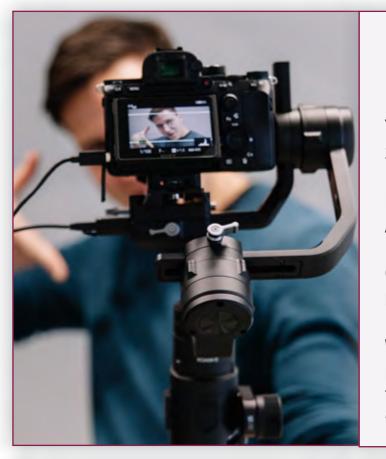
**Typical length** 12-24 months

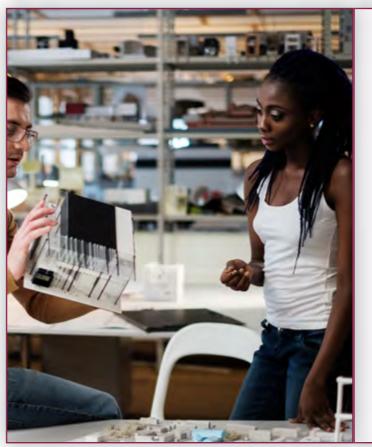
**Entry requirements:** Usually 5 GCSEs

Qualifications obtained: A levels or equivalent

#### Who's it for?

Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.





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#### **Typical length**

3-5 years

#### **Entry requirements:**

A levels or equivalent

#### **Qualifications obtained:**

Higher national diploma / foundation degree

#### Who's it for?

Mostly for those who want to qualify for professional career paths without attending university or college full-time.

#### **Typical length**

3-7 years

#### **Entry requirements:**

At least 2 A levels or equivalent

#### **Qualifications obtained:**

A BA or BSc degree or higher

#### Who's it for?

Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working.

### Deloitte.



#### A smarter way to get started.

Our apprenticeships help young people kick-start their careers and discover their potential. Our community of experts provides support, and our global organisation offers countless opportunities to develop, progress and make an impact.

Discover our range of apprenticeship programmes.

Find out more

Early careers programmes | Deloitte UK

## **Researching apprenticeships**

be shorter (between one and two years Apprenticeships vary in the qualifications that can be achieved, usually). Later they could choose to build length of commitment and balance on their apprenticeship to gain further qualifications up to masters level. between work and study. They may involve moving away from home. With so many variables, it might help Degree apprenticeships offer an attractive to think about the different elements alternative to studying full time at university, whilst still obtaining a BA or BSc. Like separately to work out which type of apprenticeship suits your child best. university, this will mean committing to three or four years study and - unlike university – it will mean working in a real job What level of apprenticeship too! Level 7 degree apprenticeships offer the is appropriate? chance to obtain a masters degree.

First, your child needs to decide which level of apprenticeship they wish to take. This will be determined by two things:

- Having the necessary qualifications to be accepted;
- How long they intend to commit to their apprenticeship.

For post-GCSE apprenticeships, your child will need 5 GCSE passes to apply for Level 3 or a minimum standard of Maths and English to apply for Level 2.

To apply for a post-sixth form apprenticeship. your child will need Level 3 status (two A levels or equivalent) and in some cases (even for lower level apprenticeships), they may need to have exceeded this.

Alternatively, they may opt to take a different type of apprenticeship (i.e. higher at Level 4 or 5). They will still obtain a recognised professional qualification (but not the equivalent of a degree) and their commitment to the apprenticeship will

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#### What sectors are they interested in?

Next, they should decide on their area of interest and see what apprenticeships are available within that sector. If they don't know where their areas of interest lie. it's time to do some research! Of course, careers advisers can help at school, but they might want to jump online themselves. If they get bored reading about a certain sector, chances are that's an indication the sector isn't for them. Getting some work experience is also a good way of deciding whether reality matches up to the theory of a dream job.

#### Will the apprenticeship help them get the career they want?

There's no need to be too specific about the job or role they ultimately want, but it's important that they can see a correlation between their apprenticeship, the areas of study, the experience it will give them, and where they want to be in the future (say five years' time).



### Top 10 apprenticeship employers: 2022



#### nationalgrid 5.

Based on 4,000 reviews - statistics compiled by *www.ratemyapprenticeship.co.uk* For a list of the top 100 apprenticeship employers click here.

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#### Mitchells 10. & Butlers

### **Work Experience**

Work experience is important for getting into any career. It provides your teen with first-hand experience of what it's like to work; dealing with colleagues and the public; working to deadlines and how it feels to do things "for real".

If they're lucky, they might find work experience within an industry that is related to their course or ultimate job goal. If this is the case, it can help your child discover more about the industry and may help them realise whether it is or isn't for them. A lesson much better learned sooner than later!

#### How to find work experience

- 1. Your child can speak to the careers team at school. They have excellent connections with local and national employers.
- 2. Do you have any contacts, through your own work, friends or family that could help and take on your child?
- 3. They can contact employers directly and ask.
- 4. Get them to apply for a job (Saturdays, evenings, holidays) - it may not be their aspirational job, but it's work experience and they'll learn a lot from it (as well as earning some money).



#### Virtual work experience counts

Virtual work experience, also referred to as online, remote or digital, is a broad term that includes any opportunity which provides young people with an insight into what it's like to work in an industry or job role while at home. Opportunities expanded during lockdown and proved so successful they look set to stay. Most virtual work experiences range from half a day to one week, but some may last longer depending on the nature of the work experience and the age of your child.

Not all virtual work experience is the same. Some are open to everyone and provide a platform for students to discover more about the job, view pre-recorded videos on what it's like to work with the organisation and go on virtual tours. Others may require your child to go through an application process and offer regular online meetings with a supervisor, individual project work, networking sessions, training opportunities and video tutorials.

#### What are the benefits?

Think global - Virtual work placements are open to everyone and location does not need to be a limiting factor. This opens many possibilities for your child to explore new jobs and industries in areas that may not be possible face to face.

**It's free** - The majority of virtual work placements are free and working from home will also mean your child will not incur any travel related costs.

Future proof - Remote working is likely to be important to many businesses in the future and learning how to conduct business and work online will develop extremely valuable skills for the modern workplace.

Transferable skills - It's not always easy working from home and taking part in virtual work experience placements will help your child develop those soft skills that all employers are seeking, such as self-motivation and time-management.

Knowing what's right (or what isn't)

Understanding what a job or a career entails might help your child make decisions about whether or not that role is right for them in the future.

#### **Find out more:**



*If you're interested* in other ways you can help your teen gain the competitive advantage, mostly by doing things they enjoy - click here.





Is the teenager in your life looking to make choices about their next steps?

AVAILABLE NOW!

Are you ready to support them to research their options?

How much do you know about the opportunities and career paths available?

#### What advice is out there?

#### **The Parent Perspective Podcast**

The Parent Perspective Podcast explores the world of careers by speaking to engaging experts and inspiring special guests, from a wide variety of backgrounds. All from the parent perspective!

#### **Our amazing host**

Respected broadcaster and mum of four, Rachel Burden, hosts the latest season, bringing her own perspective as a parent to the podcast and asking the questions you want answered.

### Visit The Parents' Guide to for more support:

#### **Parent Guides**

Our range of interactive guides provide you with easy to follow advice, hyperlinks to reliable sources and the most up-todate information.

#### **Parent newsletter**

Sign up to our parent newsletter and receive free support, advice and resources on how you can help your teenage children straight to your inbox.

#### **Support articles**

You may be interested in:

- Helping your teen find work experience 1.
- Teach your teen the skills to study effectively 2.
- Stressed out teen? 10 ways to reduce stress instantly 3.
- Why starting a business helps develop transferable skills 4.
- Ways to keep your teen safe online 5.

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  - The Parents Guide to National Apprenticeship Week (published January)
  - The Parents' Guide to National Careers Week (published February)
- Each publication reaches +600,000 parents of teens (Years 10-13)
- Each publication is promoted regularly throughout the year via our website, networks and partner sites

### **Click here to learn more**